

PATIENT TOOLS

Lyme Disease Symptom Journal

Daily tracking template — pain, fatigue, cognition, sleep, and more.

How to use this journal: Fill in one row each day. Bring completed pages to every provider appointment. Even brief notes are helpful — patterns over time matter more than any single day.

Date	Fatigue 1–10	Pain 1–10	Brain Fog 1–10	Sleep (hrs)	New/Changed Symptoms	Meds Taken (time)
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Weekly Summary

Use the space below to note the week's overall patterns, significant events, or observations to discuss with your provider.
